

FREE, pass me to a friend

ACROSS THE FENCE

STOP PRESS

THIS MIGHT BE THE LAST ISSUE OF ACROSS THE FENCE FOR A WHILE. MICROSOFT, IN THEIR WISDOM, HAS DECIDED TO REMOVE PUBLISHER FROM THEIR 365 SYSTEM AND AS I DO THE PAPER IN PUBLISHER I HAVE TO FIND OUT WHAT OTHER FORM OF PROGRAMME I CAN USE TO FORMAT THE PAPER I MAY BE LUCKY AS I STILL RUN ON WINDOWS 10 AND IT MAY BE OK, BUT NOT UPDATEABLE

IF I CAN'T SOLVETHE PROBLEM BEFORE THE END OF THE MONTH MY APOLOGIES TO ALL OF THE ADVERTISERS AND REPORTERS.

I WILL TRY VERY HARD TO GET THINGS BACK ON THE ROAD AS SOON AS I CAN.

IF I CAN'T WORK OUT HOW TO DO IT, MY THANKS TO EVERYONE WHO HAS SUPPORTED ME TO KEEP PRINTING. THE ADVEDRTISERS WHO MADE PRINTING IT POSSIBLE AND THE READERS WHO WANTED IT TO KEEP UP TO DATE WITH LOCAL NEWS.

AFTER NEARLY 24 YEARS OF DOING IT I WILL BE AT A BIT OF A LOSS WITH SPARE TIME ON MY HANDS. FINGERS CROSSED IT WILL TURN OUT FINE.

IT HAS BEEN AN ADVENTURE
THANKS EVERYONE

Lyn Reid

It is the 1st and I am still able to open Publisher, so fingers crossed, all is well

safe and happy holidays, kids

Daylight-
Saving
Time
Begins

It's that
time again

Don't forget to wind your clocks **FORWARD**
at 2am on Sunday 4th



News from the Wallamba Watershed is a

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Editorial.

Hi everyone,

Think I was a bit premature re Spring last month. The weather has alternated between 7 and 38 in the last month and I have ended up with a head cold—my sinus does NOT like continually changing weather. Condolences to all other sufferers of the problem. Lot of new ads this month. Had to add four more pages.

A new Pool maintenance man, who I mentioned last month (and forgot to include his ad). With the summer approaching I suppose all of the folk with pools will be taking off the covers and wondering what it looks like underneath after being covered for months!!!

A roofer for your missing tiles, rusty gal, holey gutter (need all the rain water in the tank if the predicted drought is coming.

To accommodate those frightfully EARLY Birds who need to kick start the day with coffee, the Artisan Café is now open at 6:00am! Think of me still curled up under the sheets!

The Wallamba Football Club has its AGM coming up and is in need of new members and volunteers to keep it going. See if you can help.

Our Grey Nomads have just finished another Vintage Car Rally with too much news for this issue, so you get the 2nd part next month. Fabulous old vehicles. You would probably end up with a sore butt from the bumps of solid tyres, but a fun trip.

We have a new 'reporter' from the Nabiac Garden Club joining us. With Spring here, we should get lots of tips on what is flowering at the moment. The roses have already started flowering and my gardenia is in bud. The poor things don't know what season it is.

A past advertiser has renewed his ad wanting to buy old specific articles. I am sure there are some old tin shop signs around the local area, maybe some cow bells, etc.

Julie Anne has reopened her 2nd hand shop again - I am not allowed in there as I have to start disposing of my hoard of excess glass ware and collectables, not buy more.

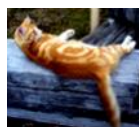
Did anyone else, besides, Neryl Simpson, notice the extra leg/foot on the little girl in the father's day picture on the front page???? Eyes like a hawk. I had to double check it, and there is an extra leg!!!

Enough of my ramblings. I hope everyone is happy and healthy and enjoying life.

Hope the kids have a safe and happy holiday.

That's all from me, until next month

Lyn & Timidthy



WHAT'S HAPPENING IN OCTOBER, 2026

Markets & Events.

• Bulahdelah	(1st Sat)	3 rd	8am to 1pm
• Blackhead Bazaar	(1st Sun)	4 th	8am to 12 noon
• John's River Country	(2nd Sat)	10 th	9am to 1.30pm
• Wingham Farmers	(1st Sat)	3 rd	8am to 12 noon
• Myall Quays	(3rd Sat)	17 th	9am to 1pm
• The Hub Taree Showgnd	(3rd Sat)	17 th	8am to 12 noon
• Krambach	(3rd Sun)	18th	8am to 12 noon
• NABIAC	(Last Sat)	31st	8am to 12 noon
• Old Bar	(Last Sun)	25 th	7am to 1pm
• Pacific Palms	(Last Sun)	25 th	9am to 1pm
• Forster Town	(2nd Sun)	11 th	8am to 2pm
• Halliday's Point	(1st Sun)	4 th	8am to 11am -?
• Town Head	(every Mon)		8am to 2pm
• Mt. George	(4th Sat)	24 th	8am to 2pm
• Forster Farmers Market	(3rd Sat)	17 th	8am to 12 noon
• Bobbin Community		— th	9am to 2pm
• Tuncurry Markets	(4th Sat)	24 th	8am to 1pm
• Burrell Creek	(2nd Sun)	11 th	9am to 12.30pm
• Gloucester	(2nd Sat)	10 th	8am to 12 noon
• Wingham Markets	—showgrounds		

Check out barringtoncoast.com.au for more info & confirmation

Phone Lyn on 02 6559 1811 Email: frogsbottom@outlook.com

Production: Lyn Reid

Contributions To: The Editor, *Across The Fence*, 1 Barry's Road, Firefly. N.S.W. 2429 or c/- Modern Motors, Nabiac, N.S.W. 2312 - **please phone**

WHEN you have left articles there to be collected

Contributions should be submitted - in writing - by the 25th of the month for inclusion in the following month's edition.

ALL ART WORK IN JPG ONLY

Disclaimer: The editor has **no affiliations** to **any** advertisers and the opinions expressed by submitters are their own.

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Nabiac Pharmacy News



We have a great product for removing ticks that reduces the chances of envenomisation and irritation, it a spray call **Tick Tox!** You may have heard of it.

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Tick Tox is an Australian-made, pocket-sized aerosol device engineered to kill ticks instantly upon contact. Traditional removal methods often risk squeezing the parasite, which can trigger the release of toxic saliva, allergens, or infectious pathogens. Tick Tox uses a rapid "freeze-kill" mechanism that neutralizes the tick immediately, stopping it from injecting further toxins while minimizing the risk of adverse allergic reactions.

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Thanks,
Tim



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Krambach & District Garden Lovers News



Hello Gardeners

This month we visited club member Jan's lovely Villa garden in Forster.

It is a small garden packed with many healthy, interesting plants, including an espaliered pear tree.

Jan has managed to incorporate a shaded, cool garden, a vegetable plot and a lovely patio garden.

It was a most enjoyable visit and our generous hostess sent club members and visitors away with a cutting or two, each.

Our visit next month will be to a Wingham garden.

If you would like to join our happy club, you would be most welcome. We meet the last Monday of the month at a member's garden

Happy gardening

Judi

6559 1375

Show News

The Head Horse steward is looking for 4 "in ring" stewards to help on show day. You will need to be trained for a couple of days well before the show. If you can help, please phone Jodie on 0421 508 999

With the worry of this bird flue, we MIGHT NOT be having the Poultry on show. Will know closer to show day and hopefully they will have the disease under control by then.

If you have spare time to help on the gates for 2 hours, call me. You will have to attend a lesson before the day to learn how to use the Eftpos machines. Apparently they are not hard to use.

I trust everyone has started on their entries for the hall and that the weather is not causing problems with your produce and flower entries. We just need a tad more rain to get everything growing.

To the artists out there, you no longer HAVE to have your art work for sale, BUT if you do want to sell it, it just needs a price attached.

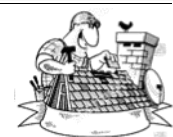
We are hoping to put on a great show for everyone, and looking for things to keep you all happy and busy on the day.

More news next month

Lyn

Secretary WDA & H Assoc Inc 6559 1811

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COOLONGOLOOK PUBLIC SCHOOL



What a wonderful way to finish Term 3 at Coolongolook Public School! From swimming lessons and sport to welcoming our newest little lizards, the final weeks gave our students plenty of chances to learn, grow and enjoy being together.

Our *Swim School* week at the Great Lakes Aquatic Centre was a highlight. Each day brought another chance for students to practise their swimming, try something new and grow more confident in the water. We loved seeing them encourage their friends and celebrate each other's progress. By the end of the week, they had plenty to feel proud of. Thank you to everyone who helped make the week possible.

Recently, we welcomed *Lyra, Harvey, Luka, Mikaela* and *Jack* for their third Kindergarten orientation visit. Our newest little lizards are getting to know the classrooms, playground and friendly faces around our school. These visits give them time to explore, make connections and begin to feel at home. It has been a joy to see their confidence grow, and we can't wait to welcome them and their families back in Term 4!

Towards the end of term, *Daniel* from *Gecko Sports* joined us for our final rugby league session. Students brought plenty of energy as they practised their skills, worked together and encouraged one another.



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Thank you, Daniel, for making the sessions so enjoyable. We are already looking forward to learning another sport with you next term.

We also held our first school community get-together, and what a lovely afternoon it was! It was wonderful to see so many families catching up, sharing a relaxed afternoon and enjoying time at school together. Moments like these remind us how much our families contribute to the life of our little school. A huge thank you to everyone who came along or helped out, especially *Julia* for all the work she put into organising it.

There is lots to look forward to in October after we return from the holidays. Softball will be our new school sport focus, with Daniel returning to teach our students. Our next Kindergarten orientation visit is on Wednesday 21st October, *Whizzy the Waterdrop* visits on Tuesday 27th October, and we'll come together again for another school community get-together on Friday 30th October. After such a lovely first afternoon, we hope to see plenty of families there again!

Have an enjoyable holiday! School returns on Tuesday 13th October, and we look forward to chatting in Term 4. If you're new to the area or would like to know more about our little school, please get in touch. We would love to meet you!

The Cool School Team

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*Legacy week 2026
Thank you*



We asked you to buy a badge this Legacy Week and you responded with amazing generosity.

To the people of, the businesses in, and the visitors to Nabiac, we say Thank you very much.

It's not only the financial support you have given, but the words of encouragement and appreciation of what we are doing, that is so truly heartwarming.

As the needs of veterans' families continue to evolve in complexity, Legacy remains committed to meeting these changes with compassion and care. We are adapting our services to provide personalised support that recognises each family's unique circumstances and challenges. Every veteran's family deserves care that honours their journey and meets their distinct needs.

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When it comes to donations, "what is given locally, stays local".

Thank you very much – your generosity and kindness are very much appreciated

Our special mentions go to *Sam* and *Nick* for allowing us to "hang out" on the Old Bank Centre verandah each year, and to *Tim* the Chemist for ensuring the name of Legacy and our little badges are spread throughout the community. We love your work.

To find out more about Legacy, visit www.legacy.com.au or call

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MINIMBAH MATTERS



Minimbah Rural Fire Brigade, Aloha! It has been another incredibly wonderful month here at the RFS! First up was our open day. Yes, it finally happened and it went **amazingly!** So many incredible members of the community came to see us and learn about fires. Did you know around 40,000 - 70,000 people visit RFS NSW open days annually? We are proud to be one of the brigades joining that count. Our visitors were able to enjoy a friendly sausage sizzle, a presentation from our Captain and receive a wealth of resources which also included what to do with livestock and pets in case of a fire (more on this next month!). Thank you to everyone who took the time to swing by. We hope we could answer all your questions and help you, like you help our brigade.

On a more serious note, it is Bush fire danger period, this means **permits are in action and required for all outdoor burns.** Those who already read the September issue have heard this song before however, I need to reiterate the tale, so no one misses out. If you are planning an outdoor burn, please Visit rfs.nsw.gov.au/fire-information/BFDP to get your **FREE** fire permit. Your local permit officer will be notified and get in contact with you to arrange an inspection and issue the permit. You will also be notified if there is a total fire ban or permits are suspended in which case you cannot light the fire. Thank you for not being the fire risk to the community!



Rufus would like to introduce you to Jake and Alysia who were two of the lovely people who came to our open day! They are standing in front of a Mobile Farm Firefighting Unit! These units are super handy to have on your farms to keep your property safe.

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This is our truck. She has been with us for the last *twenty six years!* I know they say 'age is just a number' but she's a bit of an old gal! And at this open day she got two very special visitors! One of our brigade members brought along their furry friends, Banjo and Clancy the Dalmatians.

If you have any questions about the RFS please contact us at minimbahrfb@hotmail.com and check out our Facebook: NSW RFS – Minimbah Brigade

Thank you for reading, stay safe and have a wonderful month!

This is *Cassody Lee*, signing off

WHAT DID THE STAMP SAY TO THE ENVELOPE??
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COMMUNITY CONVERSATIONS



HEAR THE NEWS AND SHARE YOUR VIEWS

You're invited to come along to your local Community Conversation. It's an open forum that gives you the chance to hear from and talk to Councillors and senior Council staff on your own patch.

There's no need to register, simply turn up on the day. Every MidCoast resident is encouraged to attend.

JOIN THE CONVERSATION

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Monday 9 November 5.30 - 7pm

FIND OUT MORE

Scan to learn more and for the full schedule of dates and locations



midcoast.nsw.gov.au/conversations





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Last Saturday of each month, except December.
The next market is on Saturday 31st October



Market news:

Fun fact – there are just two market shopping days until Christmas! Many of our stalls are taking orders for Christmas, including Gingerbread Alley, Shaz's Hummingbird Haven, with Christmas puddings, Manning Plasma, Little Farmers' Farms, the woodwork stalls, and our three pottery peeps.

The September market was hot! Hot products & hot weather! People poured in early and the market was buzzing until around 10.30, then it petered out as, we're guessing, people heading for a cool place to be. There was another trickle of people wandering through after the chattel sales, grateful for drinks in the hot weather.

Produce stalls sold out as usual, people strolled and shopped; baskets laden with produce, goodies and flowers. Ready food and iced coffees were popular





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There are a number of great food options at the market. Including a range of pastries from Palms Artisan Baker, Pizza, Gozleme, Thai and The Cookery Project, who specialises in bagels and has other healthy options such as the falafel "bowl". Of course, the market BBQ is a classic fave too.

If you have a sweet tooth, we also have you covered! With "4 The love of Sweets" cakes and slices, Gingerbread, cakes from Lil' Miss Pickles, Design your own Cakes in the supper room, marshmallows and sometimes strawberries dipped in chocolate.

Scam awareness- Unfortunately, a scammer has created an email similar to the market email address and is emailing potential stallholders with application forms, accepting money and letting them know that they've been accepted. So far, we know of only one who made a payment. This is a sad side to the wonders of AI and the tech world.

*If you have a stallholder enquiry – please check **Nabiac.com** for our correct details and call **Annette**, our coordinator, if you have any questions.*

We mentioned in the last article that the Wallamba Show date clashes with the market in February, 27, due to the rotation of agricultural shows across the region. This means we will be holding the market at another location in Nabiac, just for the February market. Location yet to be determined.

We regularly post info and updates on Instagram and Facebook. By following us and sharing, liking and commenting on the posts, you'll help to spread the word about our truly wonderful monthly market.

Thank you to everyone in our community for making our market great: Stallholders, the committee, our customers, and the shop owners in Nabiac who promote us to their patrons. We appreciate you all.

See you at the next market on Saturday 31st October.

Market enquiries, including new stallholder applications:
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By **Laura Pennington** on behalf of the Nabiac Farmers' Market committee.



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BUNYAH NEWS

A little country hall with a big community heart

There is something special about a country hall, and Bunyah Public Hall is no exception. It has long been a place where people gather, catch up, lend a hand and keep the community spirit alive.

Whether you would like to use the hall for a get-together, have a friendly hit of tennis, join in with a craft group, come along to one of our upcoming events or simply sit down for a yarn with neighbours, the hall is here for everyone. It is one of those places that helps keep small communities connected.

We were delighted to recently welcome **Tanya Thompson** MP and her assistant **Jess** to Bunyah Public Hall. While there were only a few of us around the table, it turned into a very worthwhile visit, with plenty of good conversation about the hall, our community and what we might be able to achieve together.

Tanya was generous with her time, encouragement and ideas, particularly around future fundraising. Her practical suggestions have given us plenty to think about as we look for ways to raise much-needed funds, bring more people through the doors and continue caring for this much-loved local hall.

Of course, as often happens when country people get talking, the conversation also turned to other local matters, including road concerns and the possibility of extending school bus routes. We appreciated the chance to be heard and to share some of the everyday issues that matter to families and residents in our area.

We would love to see more locals come along to our meetings and be part of the next chapter for Bunyah Public Hall. You do not need to take on a big job — just bringing along an idea, lending a hand at an event, helping with fundraising or showing your support makes a real difference. Thank you again to Tanya and Jess for making the trip to Bunyah and for showing such genuine interest in our little hall and the community around it.

Warmest Regards,

Bunyah Public Hall Committee.

Tanya Thompson and Jess McGarry, President of the Bunyah Public Hall Committee.



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A glorious morning was had at Krambach Farmers Market this month for our September market. The sun was warm, a soft breeze blew and stalls were bustling with activity.

Cakes were a sell out by 10.30, sourdough proved a strong seller again this month, as well as honey, eggs, preserves and the kitchen was busy as usual.

We had a new stallholder join us, *Catherine* from *Cooinda Collective* with her beautiful soap and skincare range. Catherine will be back next month, you can find her in the hall.

Krambach Public School had a stall again, with fresh produce and plants grown in our school garden. We will be launching a new exciting stall exhibit next month from the school.



Next market is Sunday 18th October

Louise

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Nabiac Garden Club Inc

A wonderful day was held at a Failford property for our September meeting despite the drizzling rain.

We had an excellent roll up including 6 guests. The garden was expansive with many different garden windows and quirky unusual areas which blended beautifully into the bush setting along with many water features and a man-made creek.



Nabiac Garden Club meets the **4th Tuesday of each month** at 11.00 am until around 1.30pm ish. We meet in someone's garden, park, nursery or somewhere related to gardens. Sometimes we have special guests talking about aspects of the garden, plants and soils etc.

Our club is informal, friendly, informative and a great day out. Lots of laughs and chatter. We are a non-profit club. We all bring a plate of food (anything-sandwiches, fruit, cakes etc) that we share for lunch. Please bring your own plate to eat from along with a cup and chair.

Costs is \$3 per meeting to cover insurance.

We happily invite new members to join our group or come along as a guest to see if it is for you. All are welcome.

Next meeting is also at Failford on 27th October 2026.



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Regards

Colleen Tipton



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NABIAC PUBLIC SCHOOL



What a wonderful Term 3 we have had at Nabiac Public School!

One of the highlights of the Term has been the Stage 3 excursion to Canberra. Our students had an incredible week, packed with learning, adventure and new experiences. Highlights included visits to Parliament House, the High Court, Australian War Memorial, National Museum, Questacon and the Royal Australian Mint, as well as exploring the Snowy Mountains and enjoying the snow at Perisher. Students also experienced the Australian Institute of Sport, Cockington Green and the National Dinosaur Museum. We were incredibly proud of the way our students represented our school, with their excellent manners, positive behaviour, enthusiasm and engagement in learning consistently praised by tour guides and staff throughout the week. It was a busy, memorable and rewarding excursion for everyone!

The *Shine On* performance was an amazing display of talent across the Great Lakes Learning Community! We are so proud of our choir members and dancers who truly shone on stage with their incredible energy and skill.

We're so lucky to offer these fantastic opportunities for our students, where they can showcase their talents and experience the excitement of full lighting, stage production, and performing in front of a live audience. Events like *Shine On* create lifelong memories, they help our students grow, learn to work together, overcome nerves, and shine under the spotlight.

In week 9, 3/4 *Coyotes* enjoyed an afternoon of celebration after completing their English unit based on Sadako and the Thousand Paper Cranes. Students enjoyed taste-testing Japanese food, creating flying fish (koinobori), which represent strength, courage and perseverance, and designing traditional Japanese-inspired headbands. A wonderful way to celebrate their learning and immerse themselves in Japanese culture!

Our students have also been developing their confidence and



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communication skills through the Public Speaking Stage Trials, and it was inspiring to hear so many talented speakers. Congratulations to everyone who took part, and special congratulations to those who will be representing our school at the Great Lakes Learning Community Public Speaking Competition. These experiences provide our students with the opportunity to discover new interests, develop their skills, and, most importantly, have a go.

We wish everyone a safe and happy holidays! Students return for Term 4 on Tuesday, 13th October. Don't forget you can find our weekly newsletter "Nabi News" on the school website:
<https://nabiac-p.schools.nsw.gov.au>

**Kind Regards,
 Amelia Bridge**

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The Energy Behind Our Words

Here at Maggie's Farm, life has a funny way of offering lessons when you least expect them. Something recently reminded me that it isn't always *what* we say that has the greatest impact. Sometimes it is what seems to travel with our words.

A suggestion can feel supportive, or judgemental. Advice can feel helpful, or somehow leave another person feeling, "*You think I'm doing it wrong.*" And the interesting thing is, that may never have been our intention.

It made me think about my own words and how they may be received.

We all speak from our own experiences, knowledge and understanding, usually with the very best of intentions. Yet we can never completely know what another person is experiencing, what has brought them to this moment, or how our words might be received.

Perhaps that is where a little more awareness and compassion can make such a difference, remembering that there is often much more to someone's story than we can see.

There is another side to this too. When someone's words affect us deeply, perhaps we can become curious about that as well. Did judgement really exist within their words, or did they touch something tender within us?

Communication belongs to both the speaker and the receiver, and there can be learning on both sides. Words can encourage, reassure, comfort and inspire. They can also stay with someone long after a conversation has ended. And we really don't need to worry about if we are saying the wrong thing. Perhaps we simply need a little more awareness of not only what we say, but what we send with it.

Sometimes a little kindness in the way we speak and our intentions can make all the difference.

Virginia

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Welcome to Deb's Gardening

Spring is definitely here because the weather this time of year is hot one day and cold the next. You think you can pack away the doonas and jumpers but then the next day it's back to lighting the fire and putting another layer on.



I got told an old wives tale recently - Don't pack the winter clothes away until after Melbourne cup. I like that and I believe it. As much as I like the spring colour in the garden as it does look a picture and seeing most of the plants waking up, spring to me is my favourite time of the year. I used to like summer as a kid but now that I am older it is too hot and extreme, so I am not looking forward to summer arriving at all.

Now that our house has been renovated and is insulated it is much pleasanter inside on those hot days, but on those stinking hot days that seem to come more often in summer, even though we close up the house to keep the heat out, it can still get very warm inside. So we have decided to install an aircon. It will be the first time in a long time that I have had air conditioning. I even went online and bought myself a big hat with built in solar fans to keep me cool when outside in the garden. I am preparing myself for the hot days ahead which will be here before I know it.

I planted the corn early this year and it is nearly a foot high. Last year my summer crop of corn was a waste of time because the cobs cooked on the stalk when we had those over 40 degree days and they were dry and uneatable. So I am hoping for a better corn season this year.

The tomatoes and capsicums are in! I had to buy seedlings this year. I bought "Mortgage lifter", a round heirloom variety and 6 cherry roma. I had no success with all my seedlings that I sowed in my little hot house which were the capsicum, tomatoes, basil and calendula (a good companion plant for the vegetable garden). They all germinated but then they all got eaten by snails, I think. Gggrrrr. I have self sown tomatoes coming up everywhere. I will leave a few in just to see what they are but most will be pulled out. The zucchinis are germinating from where I threw last year's overripened zucchini on top of the soil and now I am thinning them out.

The broccoli are coming to an end. The garlic, leeks and onions are powering along. I am having pea feasts most afternoons. There is never any surplus, no matter how many peas I sow. I prefer to just sit down on my seat in the vegetable garden and have a pea party. There are plenty of salad greens and celery and carrots germinating. I am picking beetroot, asparagus and kale. The watermelon has been sown and I need to get organised and get the pumpkin sown in too.

The strawberries are flowering and soon need to be netted to stop the birds from eating them. I wished I could have netted my mulberry tree because I did not get 1 mulberry thanks to the Satin bower birds



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but at least I have the white mulberry tree as they don't seem to eat them.

I noticed at the nurseries that they always sell certain vegetable seedlings in punnets, the seeds of which should be sown directly into the soil. I think it is a waste of time and money to buy certain vegetable seedlings in punnets. I have only ever once bought a punnet of beetroot seedlings out of desperation because I couldn't get mine to germinate, so I thought I would see what happens if I planted seedlings instead of sowing the beetroot directly. It was a waste of time; they didn't grow very well. I shouldn't have bothered.

I always direct-sow root crops, large seeds, and fast-growing vegetables straight into the garden bed because they dislike root disturbance or handling in early growth - best in the ground.

Root Vegetables: Carrots, beetroot, radishes, and parsnips. They form sensitive taproots that deform or suffer from transplant shock if moved.

Legumes: Beans and peas. They have large seeds with stored energy that germinate rapidly in open soil.

Cucurbits: Pumpkins, cucumbers, zucchinis, and squash. These warm-season crops grow quickly and establish strong root runs when sown directly in spring or summer.

Others: Sweet corn and spinach. Corn develops a much stronger anchor root system when direct-sown.

The key success for me in getting seeds to germinate is to plant at the right depth. A good rule of thumb is to plant seeds at twice the depth of their size. Water the rows gently and frequently until germination occurs so the tiny seeds do not dry out. The soil should be free of large clumps so root crops do not fork or deform and, of course, a healthy soil with added compost.

The landscape around the house is nearly finished but plenty of bare soil is exposed as we have had to put down soil around the house to level it off. The lawn seed has been sowed and now it is a matter of keeping the soil moist and waiting for the seeds to germinate.

My new weeping cherry trees and standard roses at the front of the house are now starting to flower and looking beautiful. Under planted petunias around the weeping cherry trees and once in flower should put on a glorious display.

The garden is happy and thriving and giving me so much joy as usual.

Until next time "Flowers are happy things"

Deb

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REAL KULTCHA

Another day. Another juvenile rant from Trump (this time at the UN) and here am I trying to fit into 900 words, a report on the world of sport! Now, if only I can make it more interesting (read, adult-like) than Trump's.

It's Saturday morning and this is the biggest weekend of the Australian sporting year. Last night the first of the ARL finals were played and the *Sydney Roosters* belted the *Redcliffe Dolphins*. This afternoon the *Brisbane Lions* will take on the *Fremantle Dockers* in the AFL Grand Final and the hype that game has generated is certainly over the top. The MCG was a sell-out a week or so ago for the American Football match between the *LA Rams* and the *San Francisco 49ers* but as the two AFL teams this afternoon are not from Melbourne, there may be some spare seats! Technology of course, is everywhere these days, and that's a blessing because if they had to print all that's been spoken, typed, and/or digitally recorded this last week in Melbourne alone about the Grand Final, we'd have lost another couple of south coast forests! To add to the hype though, was the issue of Brisbane's Lachie Neale. In last week's game he ran past an opponent and belted him in the stomach and the fellow went down like a sack of spuds! Did Lachie have a reason for his action? I didn't read any and these days that kind of play seems to be the norm in the AFL and that's a pity – so many cheap shots by cowards seem to have crept into the game. If something like that happened out on the footpath, Lachie would have been arrested, spent the night in the watch-house and been charged with assault the next day! To my surprise, the AFL did site him and he fronted the tribunal on Tuesday night. All the dribblers were expecting that he'd get off but he didn't, he was found guilty and punted.

Hell hath no fury like a woman (or an AFL player) scorned!

The club appealed the decision of course, and surprise, surprise, because of his *exemplary record* (and you can read into that what you like) he was let off with a \$10,000 fine. It seems the cheap shot may have been endorsed, if you're prepared to pay a fine!

Sunday of course, will see the *Penrith Panthers* up against the *Newcastle Knights* in the second NRL final. That's of interest of course, because Newcastle is just down the freeway from us and their season has been amazing because they were the wooden spooners last year! As they say in the classics, if it was a horse race the stewards would have been called in.

If that was all that was happening this week end it'd be enough but

the Brazilian soccer team is in country and they're playing a couple of *friendlies* against us. The first was in Townsville last night and we managed a one all draw! Don't ask me how we did it because I don't know – soccer is not my game. Just for the record, I see soccer down there with basketball and *synchronised* anything!

The *Galaks* are in South Africa at the moment and are not travelling well. Oh, they did fine in the couple of games they played against Zimbabwe but the South Africans are a different matter. In the first ODI game in Durban we didn't bowl well and got belted and then when we batted there was still no dig-in-and-fight attitude, which saw us lose by more than 60 runs. There are several more games to be played but I'm not very confident they can get their act together.

And speaking of South Africa, this weekend also sees the *Wallabies* play the *Springboks* in Rugby Union in Perth tomorrow afternoon. I have to confess I didn't realise the *Wallabies* still existed but come Sunday, like the man with the wheel barrow, they'll have the job in front of them! The *Springboks* have just played a tough four-Test series against the *New Zealand All Blacks* so there is a small (very small) chance they could be a bit battle weary but I wouldn't count on it.

Tonight will see Oscar Piastri line up in the Azerbaijan Formula 1 Grand Prix. Oscar has a *love-hate* relationship with the Baku street circuit – he's won here before but he's also lost there spectacularly – so it'll be interesting to see if he can get it all together.

Peter V'landys' name has been bandied about a bit of late. He was the head of Racing NSW to begin with and then also took on the job of leading the ARL. Now, as matters have turned out, he has also taken on the position that his now departed second-in-command once occupied. A bit much – maybe? Well, after some serious discussions with the clubs he has been confirmed in the two positions but has resigned from his position in charge of Racing NSW. There are many folk watching to see how this plays out.

OK, I think I've covered everything I needed to touch on. You'll notice I didn't once raise my voice, didn't verbally abuse anybody, didn't threaten to bomb into oblivion anybody, didn't raise any *alternative facts*, didn't rant about *fake news* and I know I haven't ripped off the stock market! See, all it takes is an adult in the room.

Talk at you again next month,
The Hillside Critic.

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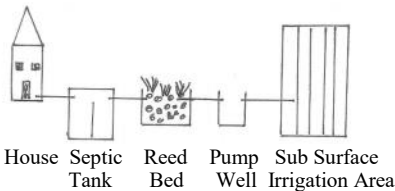
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If a perfect lawn is one of your ambitions, this article is probably not for you. But, if you are a proud Australian, which to me means also being proud of our unique Australian wildlife, let me tell you about one very special little Aussie battler, the bandicoot.

In our area there are two species of bandicoots: the long-nosed bandicoot (*Perameles Nesuta*) and the rarer Northern Brown Bandicoot (*Isodon Macrourus*).

Bandicoots have very sensitive noses and long front curved claws they use to dig for their food. Like all marsupials, they have pouches but their pouches open backwards so that the young don't get covered in soil when their mother is digging.



As nocturnal animals, they are rarely seen, although their little scratchings and pointy, conical holes are a bit of a give-away (their nickname of 'snout pokes' comes from their habit of poking their long noses down into the soil sniffing for prey). *If disturbed they will utter a shrill squeak and gallop away but when happily feeding, they make endearing little grunting noises.*

What a lot of people may not appreciate about bandicoots are the valuable service they provide for our gardens. Sure, there are little diggings and holes, but if you have bandicoots, you also have effective predators of all types of spiders, especially funnel-webs (a particularly favoured meal sized item), termites, lawn-grubs, snails and cockroaches. They will also eat fungi, grass-seeds and fruit. They are important aerators of the soil, allowing for better root penetration and ultimately healthier, more resilient plants. Of course, they do not do so well exposed to herbicides and pesticides, but arguably, neither do we.

Bandicoots are protected and it is illegal to trap or kill them but can be deterred by bright lights. Sadly they are one of the Australian natives that are fast disappearing as we continue to impact their habitat with over half of the original 9 species now believed to be extinct. They are also particularly vulnerable to dog and cat attacks,



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Allowing bandicoots to co-exist in our gardens not only provides evidence of it's toxic-free healthiness, but it is also evidence that the garden has enough bushiness to benefit many of our smaller bird species (e.g. wrens, eastern spinebills, weebills etc) as well. It means dense vegetation that allows them to hide during the day, and hollow logs for them to nest in. Some people, me included, will go even further and make a bandicoot bungalow home from old pallets and plant prunings to welcome them (photo of upside-down bandicoot bungalow included.)



Kym

FAWNA Media

Some interesting information

Because women wore such thin dress materials at the beginning of the nineteenth century, catarrhal complaints were called the 'muslin disease'. When influenza swept Paris in 1803 and 60,000 people fell ill, it was attributed to the fashion of muslin

A parcel of old clothes, sent as a kind gesture from plague stricken London in 1665 to Eyam in Derbyshire, wiped out the whole village.

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NOTICE OF ANNUAL GENERAL MEETING

WE NEED YOU!

VOLUNTEERS & COMMITTEE MEMBERS URGENTLY REQUIRED

DATE: Sunday, 15 November 2026

TIME: 10:00 AM SHARP

LOCATION: Aub Ferris Sports Complex

ALL POSITIONS ARE VACANT

We are calling for nominations for ALL executive and general committee roles for the upcoming season.

Example positions:

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- Registrar • Canteen Coordinator • Equipment Officer
- General Committee Members

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FOR NOMINATIONS & POSITION DESCRIPTIONS:

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Lyn's Larder

A MEXICAN DISH TO TRY.
PORK & SWEET POTATO CASSEROLE
AUSTRALIAN WOMEN'S WEEKLY, 1984

INGREDIENTS

1.5kg Leg of Pork
1tbsp Salt
1tblsp Oil
30g Butter
1 clove Garlic, crushed
1tbsp Sugar
3tblsp Plain Flour
2 Onions, sliced
1 small Chilli, finely chopped
2½ cups Beef Stock
½ tsp Ground Coriander
2 Tomatoes, peeled, seeded and chopped
1 lge Orange coloured Sweet Potato (Kumara) peeled and sliced
1 small Pineapple, peeled, cored and sliced
1 small Green Pepper (Capsicum) chopped and seeded

METHOD

Ask the butcher to bone out leg of pork, remove the fat. Cut the pork into 2.5cm cubes, brown in hot oil and butter with crushed garlic. Place pork in a flame and oven proof dish, sprinkle with sugar and cook, over low heat until sugar is dissolved. Sprinkle with flour, salt and pepper, cook stirring few minutes, remove from heat. Add sliced onions and finely chopped chilli to remaining oil in first pan, cook stirring until onions are tender. Add beef stock and coriander, bring to boil and add peeled, seeded chopped tomatoes, pour over pork. Cover dish, bake in moderate oven 45 minutes, add thickly sliced sweet potato and peeled, cored and sliced pineapple. Return to oven further 30 minutes or until potatoes are tender. Just before serving add chopped green pepper.

"What are you doing there, Johnny, digging that hole?"
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Sinfonia MNC plays for Mid North Coast audiences



Sinfonia MNC our local Symphony Orchestra, is proud to announce performances at Manning Valley Anglican College, Cundletown, on **Sunday 15th November at 2pm**, with tickets going on sale shortly. As well as announcing that the Orchestra will be playing for Camden Haven audiences at the Anglican Church Lakewood on Sunday 1st November, and at **Tuncurry Memorial Hall on Saturday 14th November**.

This "Symphonic Symbiosis" showcases the many instruments played in an Orchestra, with skilled arrangements by Sinfonia's Conductor and Musical Director, Mr **Iain Pole**. The word "Symbiosis" implies a close and long term interaction between two different species, in this case, the Brass, Strings, percussion, woodwind and other Orchestral instruments. The result, a fantastic Concert of well known works, with each section of the Orchestra playing its part. Prepare to hear, "The Young Person's Guide to the Orchestra" by Benjamin Britten, works from JS Bach, Handel, Mozart, Saint Saen's "Carnival of the Animals" as well as themes from Forrest Gump and Slide and the Family "Bones".

Everyone is invited to the performances. Tickets at the door or book on line at: <https://www.trybooking.com/eventlist/sinfoniamnc>

Adults \$20. Children under 16 Free

Jennie Wright, Publicity, on 0418 205 971

Teacher: 'OK Johnny, give me a sentence with the word 'indisposition' in it.'

Johnny: "I always like playing centre forward because I like playing indisposition."

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Prevent the "OW" now!

If you've ever walked across your lawn barefoot only to discover a nasty little Bindi burr in your foot, you'll know exactly why this pesky winter weed is one worth getting on top of early.

Bindi is a low-growing winter weed that typically emerges during the cooler months before flowering and producing seed in early Spring. Once those prickly seed pods develop, they can turn your lawn into a barefoot minefield and become a painful nuisance for bare feet, children and pets.

If you can see Bindi in your lawn, treating it now before it flowers and sets seed is the best way to tackle them before they become a prickly problem.

A blanket application of a suitable selective herbicide can help control Bindi without damaging your lawn.

Products such as:

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A professional-grade selective broadleaf herbicide that can be mixed with water and applied using a knapsack or pressure sprayer. It works slower than some fast-acting contact weed killers, but provides a thorough control with no regrowth from the root system.

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Estate Herbicide

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Prevention is key!

While herbicides can help control existing Bindi, one of the best ways to reduce future weed problems is to maintain a healthy dense lawn.

A thick, actively growing lawn leaves less room for weeds to establish.

Water Appropriately- Make sure your lawn receives enough water to maintain healthy growth, particularly when conditions are dry.

Keep Your Lawn Well Fed- Regular fertilising provides your turf with the nutrients it needs to grow strongly and maintain good density, helping it compete with invading weeds.

Raise Your Mower Height- This one is particularly important during winter. As turf growth slows down, its easy to accidentally scalp your lawn by mowing too low. Scalping stresses the grass and opens up areas where weeds can establish.

Don't Wait Until You Feel The Prickles!

By the time Bindi has dried out and produced its prickly seed pods,



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If you can see Bindi in your lawn now, its time to take action!

If you need some advice on how to get your lawn back under control, give our friendly team a call on **6550 2126** or send us an email at info@aglandturf.com.



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Owner/Manager

6550 2126

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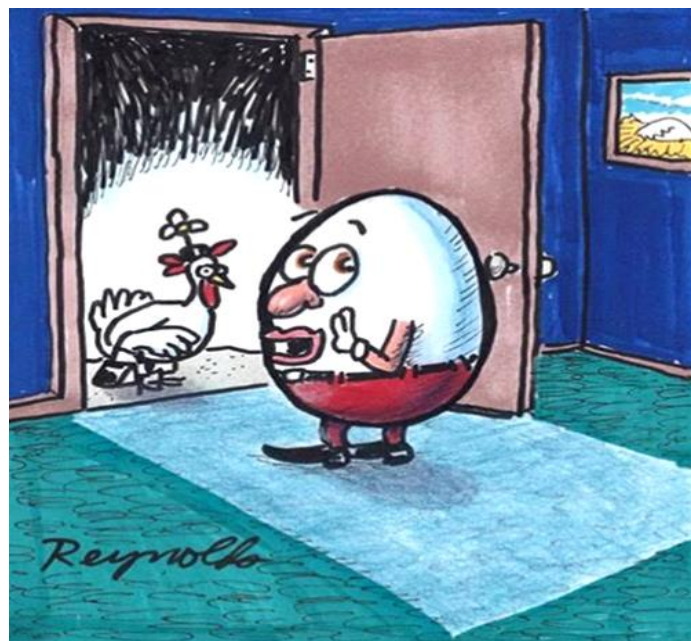
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This could be one of my favourite letters to write - the cap has been scrapped!

After a massive national campaign by the Nationals and the Coalition, the Albanese Labor Government was today forced to scrap its \$5,000 annual cap on allied health services for veterans.

This decision is a victory for Lyne veterans, their families and the ex-service organisations who have strongly opposed the measure. It is also a big win for common decency, but it took far too long for the Albanese Labor Government to listen to veterans on this issue. Our veterans have served our country. When they need health care as a consequence of that service, they deserve to know the care they receive will be determined by their clinical needs, not by an arbitrary dollar figure.

Veterans should never have been put through the uncertainty and anxiety caused by this proposal, yet I know too many of them have. Over recent months, veterans and their families have spoken loudly and clearly about what this cap could have meant for people with complex and ongoing health needs.

They deserve enormous credit for making sure their voices were heard.

Allied health services, including physiotherapy, psychology, occupational therapy, podiatry and exercise physiology, are an important part of veterans' ongoing for many veterans, it is not an optional extra.

Allied health care helps our veterans manage injuries and chronic conditions, maintain their independence and participate fully in their families and communities.

The Albanese Labor Government was wrong to put a cap on their care needs; I am pleased common sense has prevailed.

The focus now must be on ensuring veterans can get the timely, appropriate care they need, while dealing directly with any providers who abuse the system rather than making veterans pay the price.

This reversal demonstrates the importance of listening directly to the veteran community.

To every veteran, family member and advocate who stood up and spoke out: this decision is testament to your persistence.

Those who have served Australia should have confidence Australia will be there for them when they need us.

Thank you for helping me fight this despicable cap.
Regards

Alison Penfold MP

Federal Member for Lyne

P.S Lyne has also had another big win today with the Prime Minister announcing during Question Time \$15 million in funding for Wingham Pool. The Pool was damaged during the May 2025 flood. This is a huge win for the Wingham and the Manning. Tanya Thompson and I have worked hard to get the funding. I am over the moon with the announcement today and thank the Friends of Wingham Pool and everyone involved in the campaign.

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"Your heart, lungs, pulse and blood pressure are all fine. Now let me see the part that gets you ladies into all kinds of trouble."

The lady starts taking off her undies, but is interrupted by the doctor.

"No! No! ... Just stick out your tongue!"



life is short...be the girl on the left...

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to try that one.

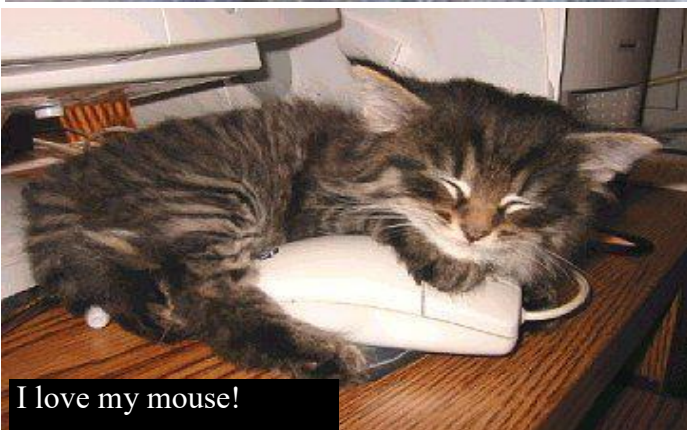


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Our Grey Ghosts really did a trip this time

"Ready to leave?" so we leave anyway for Cowra, with two other couples and two vehicles on trailers for the **National, BI-Annual Vintage Car Rally** for vehicles built before 1918.

This year, 75 vehicles from the three eastern states as well as SA and 1 from the NT are expected.

But first, morning tea on the Golden Highway at the Branxton rest stop Westbound where we find the toilets, usually great facilities not at all flash, so a call to 131 700 and a nice lady set things in *motion* to remedy things.

Mudgee, to reunite some for family and some for friends for two days, including former curator at the museum, Steve Plumb.

Away we go again, and morning tea at Wellington having just driven past the massive solar farm on the way in. A huge grass fire destroyed a large portion of this facility last year, burning under many of the solar panels. The desolation is enormous with large sheets of dripping aluminium scattered all over. The cost must be staggering. A few sheep flocks start appearing.

On again and start to see crops of waist high canola and wheat plantings, green and gold indeed.

We are in the central West of NSW at Cowra, on the Lachlan River (pop 9,000) and learn that the town has the only dedicated Japanese war grave facility in the world. Those killed in Northern Australia during the bombing of Darwin, internees and the results of the 1,100 prisoner break-out that occurred here on August 5th 1944. 231 prisoners were killed as well as 4 Australian prison guards, are all at rest here. Extremely well done and worth a visit with heaps of explanation boards.

Sheep and grain are the important industries with many wineries for those so inclined. Wonderful "west of the range" welcome and atmosphere. Pleasure to be here.

Some 75 starters of all sorts of veteran vehicles from companies that no longer exist, except perhaps a 1917 Benz, built before they became Mercedes Benz. Truly a remarkable vehicle and goes like the clappers.

No cheapies here, except us perhaps. Special trailers, (some including accommodation) are staying in the same van park, and the attention lavished on them is obvious. Restorations of tens of thousands is common.

First day, and flagged off by the Mayor, we travel a lot of minor roads to Woodstock for morning tea. On again to Carcoar (worth a visit on the net) requiring a steep decent into an old gold mining village which some 271 folks call home. Great lunch at the Pub. Some small shops still in business out of several that used to trade. Go to leave BUT, the steep drive out didn't happen to our Schacht on the first attempt. Back down for a run-up with the passenger hoofing it up the footpath past the 8 kids at the local school fence, urging us on and a great cheer when the driver made it. 129 kms for the day.

Cowra to Grenfell via Koorawatha with morning tea at the Greenthorpe Memorial Hall where the 5 children (4 girls and one boy) from the local school come for a look and are great company, all



very curious and entertaining.

We are driving through roadsides of early Cootamundra Wattle and crops of dark green wheat and waist high, blinding yellow Canola. This in areas of perhaps 500 acres and up, scattered throughout the area as far as the mountains in the distance. A great season, the best for a generation according to some locals and the country, wherever we travel, DOES look great.

On to Grenfell, where Henry Lawson was born on the goldfields in 1867. A great historical town that is very proud of it's heritage. A significant Chrysler Museum is here as well as too many shops eager to relieve us of our hard earned. Watered at the Uniting Church Hall we return via the Mid Western Highway to Cowra. Total for the day 147kms.

Wednesday and a free day. Time to do some running repairs, and fix things that rattle..

Our two vehicles, one a 1909 SCHACHT, a solid tyred high wheeler, no windscreen, maximum speed 50kph down hill, and a 1917 Hupmobile, neither all that comfortable, particularly on the early 5 degree mornings.

Thursday and journey to Gooloogong for morning tea in their magnificent rebuilt log cabin style local hall. Probably the most elegant venue on our travels. Our Schacht didn't make the full trip due to a failed ignition coil and trailered back to base. The others to Canowindra. 108km.

Friday and the last day. There have been a few cars fail but ours are still running. We visit Wyangala dam. A massive clay cored structure and huge storage area evidently holding twice the amount of water as Sydney Harbour. Very steep going up and down the valleys to the dam. Lunch here and well fed by the local Services Club. Time to go and two vehicles, for some reason, stopped on the climb out which meant our Schacht had to stop which is a no no. Out with passenger to push again and just made it to the top, smooth sailing from then on. Total for the day, 88kms.

Our total distance over the five days is around 480 kms with no real dramas for any of the group.

Have met so many great volunteers and minders at all of these small country halls, always well



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kept and proud of them. Sometimes the only local facility for some distance.

None of this would of course be possible without volunteers, putting out and taking in the direction to travel signs, organising catering, checking road conditions and a myriad of small things that are necessary for it to function smoothly. Thanks to you people.

Farewell dinner at the Cowra Services Club, many dressed in period attire. The next event is in Queensland although an interim event is planned early next year for Cobar. Will we go??

Sunday and we farewell Cowra, one couple to Canberra, another, the 8 hour drive home and us?, van in tow we head west.

Sunday and farewell Cowra, our trio go our separate ways, one couple to Canberra, another, an 8 hour run to Nabiac, and us, in the van, south to camp at West Wyalong showground overnight and then to Griffith, which we have driven through but never visited.

After taking too much notice of our GPS Cecily, (named after a class-mate, who knew everything and was Dux in our final year at Nabiac University), we get lost. Keep driving west and something will happen. More sheep and the fields of wheat and Canola are constant but now in larger 1,000acre plus areas. The west is booming, hope that their huge effort is realised at harvest.

Finally turn up at Ardlethan for coffee. This small village sits at the intersection of the Burley Griffin Way and the Newell highway, but is probably better known as where the first Kelpie raised her first litter of pups. This mother was born, however, at Casterton in Victoria which holds the title of the "Birthplace" of this famous breed.

Onto Griffith (pop 20,000 and old but comfortable van park for \$45.00 (with on-suite) is a bargain. We are a bit weary and a couple of days rest won't hurt.

This very wealthy city in the MRI (Murrumbidgee Irrigation Area)

A visit to a multi fruit and grape "orchard was very informative.

On the way again, heading north and morning tea at a very small village, Goolgowi on the Kidman Way. Just a Cafe and the local Shire Offices and very little else. It makes up for it, great toilets and obliging Cafe staff, coffee 'n cake. Impressed. Onto Hillston for lunch then another stretch to Lake Cargelligo some 200 kms west of Parkes. This Lake, fed by the Lachlan, is some 17km long and used by all types



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of water sports and a haven for bird watchers. Sheep, wool wheat, and cotton are the main agricultural assets and in conjunction with Condobolin, a small manufacturing industry is emerging. Condobolin is probably best known for the "utes in the paddock" a bit of an unusual feature but well worth a look with some very witty captions pertaining to what the exhibitor thinks the ute represents



Still Green 'n Gold and sheep along the way, although some patches of the New England Highway are not. Bottomed out at one section which smashed our pull out van step.

Approaching the Bungle Bungles, no crops but beautiful scenery and the home of the sky observatory, the reason? Height and no local light "noise", dark at night.

Haven't been feeling real flash for two days, and looking forward to a friends place at Tamworth. Just make it and she has managed a visit to a doctor. Nothing exclusive about this editor, "same wog as everybody within 200kms". Pills 'n potions, try to get home via Nowendoc as the bride now also has it.

Have a spell for her at Walcha, wander into THE OLD BLACK SHED, across from where we are parked. Recommend this for a visit, chockas with old stuff for sale. Quite a large clothing section as well as unusual stuff for the blokes. Leave and have arranged a Doc visit at Nabiac for the bride.

The country has changed, and is dry although most dams are full, no more wheat or canola, and within 20ks or so, no sheep, although the legacy lingers. Abandoned galvanised shearing sheds and shearers huts, still in good order, still dotted along the roadway, black Angus cattle are becoming more numerous, the road is excellent for the next 75kms to Nowendoc. Homesteads and infrastructure are presented

well, very well maintained and cared for. We drive through some very nice sections of Australian "pine" trees (Casuarina equisetifolia) and could well be in Canada for many kms. Top of the range and the 6km steep decent in low gear, across the four river crossings and into Gloucester for another spell, then home, Doctor and Nabiac bread. Phew.

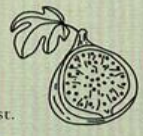


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Scientists and citizen scientists team up for a 48-hour Bioblitz at Cattai Wetlands

The hidden biodiversity of Cattai Wetlands will be put under the microscope this summer, with a 48-hour Bioblitz taking place from 16 and 17 October 2026.

The Bioblitz will bring together scientists, field specialists and community members to find, record and identify as many plant and animal species as possible across the wetland in just two days. From birds and frogs to insects, plants and aquatic life, every observation will help build a clearer picture of what's living in this important ecosystem.

"Bioblitzes are a great way to bring people and science together," said MidCoast Council's Manager of Natural Systems, Gerard Tuckerman. "They help us build a clearer picture of local biodiversity while inspiring people to care for the natural places around them."

Cattai Wetlands plays a vital role in the health of the Manning River, acting as a natural filter for water quality, providing habitat for native species and helping to buffer surrounding areas during flood events. Understanding how the wetland functions and how it responds to environmental change is crucial for the long-term health of the river system and the communities that rely on it.

A Bioblitz was last held at the site in Summer 2026 with over 100 bird species, 120 plant species and many insects and frogs found. This summer event will allow scientists to compare species found at different times of the year and will also help assess whether the May 2025 flood event has altered biodiversity across the wetlands.

To ensure participants are ready for the field, attendees are encouraged to first take part in a citizen science information session at Yalawanyi Ganya, where they will learn how to install and use the mobile apps that will be used to record observations during the Bioblitz.

No prior experience is needed, with activities suitable for ages 8+ and all abilities. Participants will work alongside experts in their fields, gaining hands-on experience while contributing valuable data to on-going environmental management.

The event forms part of the Manning River Coastal Management Program and is supported by the NSW Government through its Coast and Estuary Program.

Event details:

What: Cattai Wetlands Bioblitz

When: 16th and 17th October 2026

Where: Cattai Wetlands

To book, visit: www.midcoast.nsw.gov.au/events

Cattai Wetlands reopens

Cattai Wetlands is reopening this Saturday 26 September, just in time for the start of the school holidays, with visitors once again able to explore one of the region's most valued natural attractions.

Road improvements coming to Gloucester Tops Road

Road rehabilitation works will begin on Gloucester Tops Road near Bindera Road, Berrico from Tuesday 29 September, weather permitting.

The works will improve the condition and reliability of this section of Gloucester Tops Road and are expected to be completed by mid-December.

For the majority of the project, this section of Gloucester Tops Road will remain open under traffic control, with the road reduced to one lane. Motorists are asked to allow additional travel time and follow traffic control directions.

Some temporary road closures will be required to complete the works safely. Weather and contractor availability permitting, Gloucester Tops Road will be closed at Bindera Road between 8:30am and 3pm on the following days:

Friday 30 October, Monday 2 and Tuesday 3 November – motorists will be detoured via Bindera Road, Westleys Road, Barrington West Road and Faulkland Road, adding approximately 10 minutes to travel times.

Any changes to planned road closures will be communicated through roadside message boards and Council's social media channels.

Works are expected to be completed by mid-December, weather permitting.

For updates on road and bridge works across the MidCoast, visit Council's Roads Hub: www.midcoast.nsw.gov.au/roads-hub

Old Bar Beach Festival

Old Bar Beach Festival is an iconic beachside celebration across the October long weekend. It's part car show, part music festival and all coastal community spirit.

Unique to the festival is the largest gathering of VW Kombis in Australia. The display and parade have become so iconic that the festival hosted the launch of Volkswagen Australia's new electric Kombi: ID Buzz.

From simple beginnings in 2005 the festival has grown to attract people from across Australia and the world.

The festival program encourages a diverse crowd including Kombi lovers, motor enthusiasts, families, music fans, foodies, holiday makers and art supporters. It was inducted into the NSW Tourism Hall of Fame in 2011.

"Recent analysis indicates the festival contributed approximately \$3.2 million in local spending. Visitors staying overnight are an important part of that economic contribution."

- When: Friday 2 to Sunday 4 October 2026
- Where: Old Bar Sporting Fields, Old Bar Rd, Old Bar
- What: Kombi display and parade, live music across the weekend, classic car and bike display, mega markets, street food, licensed bar, free kids' activities, fireworks, giant puppet performance, amusements and carnival rides. There's also camping onsite or you can book nearby accommodation



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Shalom and Peace

Have you heard of the word Shalom? It comes from the Bible with a root meaning of 'peace'.

In some cultures the word is used as a greeting. By saying 'shalom shalom' you are wishing the other person peace ... perhaps more meaningful than Hi there or, more commonly, the exchange of first names (surnames are rare these days). Peace be unto You is a similar greeting. It sounds nice and well ... peaceful, and peace is something we all look for personally as well as globally. My sister when young, worked at a retirement village called Shalom in Sydney which is still operating. There are also others which go by that name.

In the Old Testament Gideon built an altar to God and called it Yahweh Shalom meaning 'the Lord is peace', *Judges 6:24*. He did this after an angel appeared to him ... which he thought meant that he would die.

In Perth there is a place called Shalom House. This is **not** a retirement village but Australia's largest drug rehabilitation centre. Here residents complete a supervised cold turkey drug detox, give the centre control of their finances and pay \$300 in weekly rent. They also work and go to church. If they don't want this routine there are other rehab centres. This 'holistic' program lasts for 12 months and aims for freedom from addiction, getting off Centrelink payments and integration back into society as a productive person. There is no government funding or grants ... residents 'take ownership of their mistakes' and pay for their own rehab. If they can't pay the rent they don't stay.

It was established in 2012 by a man who himself had spent over twenty years in the prison system for drug related offences. His childhood was dysfunctional with split parents, an alcoholic father and violence; he never remembers either parent cuddling him and didn't play sports ... his sport was stealing cars and breaking into houses. He sees family breakdown playing a major part in addictions. Eventually in desperation he 'chucked up a prayer' ... which led to Bible College ... then volunteer prison chaplain and working on the streets, taking people to rehab and studying different systems. From this emerged Shalom House ... I just want to 'change lives'.

The Bible talks about the importance of families especially the role of fathers. It also talks about God's perfect peace. It is beyond our understanding, *Phillipians 4:6* guards our hearts from fear and is not based on outward events ... you will feel quiet among the chaos. Jesus says He leaves us His peace, *John 14:27*.

May I wish you God's perfect peace; shalom, shalom.

Quotes from Inside Australia's Largest Rehab Centre where Residents Pray, Pay Rent and Get off Welfare, Epoch Times.

The Counsellor

Jones: "My wife prepared an Italian meal last night, with recipes from a real Italian cookbook."

James: "I didn't know she could read Italian:

Jones: "She can't. Can't cook it, either."



CTC on TUESDAYS, & FRIDAYS
9.30am - 12 noon

Nabiac Community Technology Centre

is open on Tuesday, & Friday mornings (Wednesday photo copying only – see Suzie in the OP-Shop) from 9.30am until 12 midday in the Neighbourhood Centre, 37 Nabiac Street.

We offer copying & printing - Colour or Black & White (30c a side A4 black & white) laminating, scanning & binding.

Colour price variable depending on amount of colour on the page & plain or photo paper - from 80c to \$3.00 A4.

We have fast computers available for your use or bring in your laptop to use our WiFi - \$5 for the morning.

We are all available to help with computer, tablet or mobile phone software problems - Word, Excel, PowerPoint, Publisher, editing photos, emailing, or searching the internet.

We have a colour scanner. Bring in your old photos & scan them to a Thumb drive, an external hard drive or DVD.

You can contact us via email: nabiacctc@gmail.com

Alan, Terry, Stewart, Glen, Jillian and Sheila. (6554 3032)

News From The News

Nabiac Village Community Church

Services are held every Sunday at 10:00am
Holy Communion is celebrated with the service on the 3rd Sunday
For information regarding the Nabiac Community Church please contact **Margaret Weller** (0427 570 039),

St Bernadette's Catholic Church, Krambach

October's Mass times are Saturday 3rd at 5.00pm, Saturday 10th at 6:00pm, Saturday 24th at 6:00pm & Saturday 31st at 6:00pm
November Mass Saturday 7th at 6:00pm
(contact **Helen Legg** on 6559 1211)
Note Times are back to 6:00pm from 10th October

Krambach Bible Church (a ministry of Wingham Presbyterian)

A Family Service is held **every** Sunday at 11am.
All denominations are welcome to join in.
Any enquiries please phone **Robert** (0400 310 357) .

St Paul's Anglican Church, Nabiac

Service each Sunday at **11:00 am**. All welcome
Enquiries: Contact **Sandra Martin** on 0439 541 329

Every Week Day Before and after school care by **KIDS SHACK**
We also provide Vacation time care.
Call **Joy** on 0438 273 360.

St Isidore's Catholic Church, Nabiac

October's Mass time is Saturday 17th at 6:00pm

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Essential Energy - Power outages	132 080
Police	131 444
FAWNA (NSW)	6581 4141
MidCoast Koalas in Care	6552 2183
WIRES (Wildlife Rescue)	1300 094 737
RSPCA (Taree)	6552 7177
Post Office - Dyers Crossing (Open 10am to 3pm)	5565 1222
Post Office - Krambach (Wed. closed 1pm to 2pm)	6559 1240
Post Office - NABIAC	6554 1211
Fire Permits	1300 643 262

Do you need a *Justice of the Peace?*

Then contact

Stuart **Weller** on 6554 1904 (Nabiac)

Gordon **Foy**, 2949 Bucketts Way, Belbora on 0417 290 874

Karen **Tyler**, The Bucketts Way, Kundibakh on 0425 226 699

Kate **McIntosh**, on 6554 1144 or 0434 589 048 (Minimbah)

Amanda **Chapman**, on 0437 067 117, 3392 Wallanbah Road Dyers Crossing

Brett **Dennett**, on 0459 988 241 (Failford)

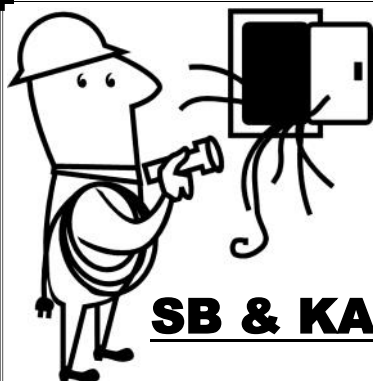
Stacey **Forrest** on 0407 381 319 - Unit 5/8 Ferris Place, Nabiac

The Curiosity Shop at Nabiac.

Julie Ann has reopened for another stint with her old & used wares
on sale

Open Thursday & Fridays 10:00am until 3:00pm

Saturdays 10:00am until 2:00pm



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Jess available Friday, Saturday (by Appointment) Otherwise we are shut Sat.

" Choose to listen with the intent to understand, and
to speak with the intent to uplift. "

Belinda, Barb & Jess ❤️

* **Need to advertise** something for sale or wanted to buy or a
* freebie?

An announcement of a birth, birthday, passing?

Some personal message?

Do it on the back page to get full attention

Remember if you want to know what is happening in Nabiac,
just look it up on the web - **nabiac.com**

If you want to advertise an event, visit the web site and click
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